

April 9, 2010

Greetings from New Hampshire!

I am writing with some suggestions for great girlfriend getaway ideas this spring and upcoming summer. Here in New Hampshire there are plenty of activities, inns, weekend getaways, and outdoor escapes geared specifically toward women travelers. Whether it's enjoying the great outdoors, tax-free shopping, dining, gallery hopping or visiting the spa, New Hampshire is an ideal getaway for an affordable and fun girls' getaway. Here are some ideas:

Spa and Wellness Escapes:

The Inn at Mill Falls, Meredith – Located on Lake Winnepesaukee, this village is ideal for a girlfriend getaway. Enjoy the [Girls Day Inn](#) spa package, and soothe away stress; or the [Girls Night Out package](#). Indulge in a day of ultimate relaxation, hair styling and makeup artistry. Leave feeling like a new woman ready for a night on the town!

Wentworth by the Sea, New Castle – Enjoy the “[Best Friends Spa Package](#)” which includes a two night stay, a champagne breakfast, spa treatments and more. Enjoy the beautiful view and beach, as well as nearby shops and restaurants.

The Christmas Farm Inn, Jackson – Enjoy the [Girlfriend Getaway Package](#) which includes a two night stay, breakfast each morning, pedicures, facials, Swedish massages, and Salt Glows.

Symmetree Yoga and Retreats, North Conway. – The [Mt. Washington Yoga Adventure](#) lets yogis experience yoga atop the highest peak of the east. This two night package will restore the body, mind and spirit as well as offer an exhilarating experience to an otherwise relaxing getaway. The Yoga Adventure Retreat includes accommodations, breakfast and dinner each evening, boxed lunch, a memorable trip in a stagecoach up the historic Mt. Washington Auto Road and yoga and meditation atop Mt. Washington. Finish with a guided hike down the famous Tuckerman Ravine trail to the base of Pinkham Notch.

Outdoor Adventure:

From strolls to strenuous hikes, and from exploring to extreme adventures, New Hampshire offers something for everyone. And many of the lodging venues offer package deals:

The Appalachian Mountain Club Girlfriend Getaway Midweek Package – Escape to the White Mountains for a [girls getaway](#), and explore the outdoors at your own pace. Customize your stay and enjoy the beautiful New Hampshire wilderness with friends or participate in the Highland Center's scheduled daily outdoor explorations. Relax with a 50-minute spa treatment at the Mount Washington Spa. The package includes lodging, meals, programs, spa treatment and

access to our L.L. Bean gear room. Available Sunday-Thursday nights through May. For more information, call 603-466-2727 and mention "Girlfriend Midweek Getaway."

Ride a Horse, be a Cowgirl Workshop & Getaway Package – Giddy-up girls! Have fun in an informal atmosphere, developing confidence and learning the fundamentals of horsemanship at The Farm By the River Bed & Breakfast. [Package](#) includes 5 nights lodging, breakfast each morning, 5 morning trail rides, 2 evening sessions, riding lessons, and an evening BBQ. June 20th to the 25th 2010.

Custom Guided Outdoor Adventures – Two days of custom guided [outdoor adventures](#) from Outdoor Escapes in Conway, including , hiking, canoeing, kayaking, and mountain biking; a two-night stay (either at a bed and breakfast or camping); five meals; sporting equipment and, if camping, a tent and cooking kit; nature and history talks.

White Mountain Zip Lining Adventures:

[Alpine Adventures Zip Lining](#): Treetop Canopy Tour, the original course and the first in New England. Zip from tree to tree through the forest on 6 separate ziplines ranging in length and height. A gentle ground take-off sends you soaring over the sky line, on the longest zip, 1500' long and 200' above the ground.

[Mount Washington Resorts Canopy Tours](#) (again, make sure this link goes direct to ziplining page): Located in Bretton Woods, NH, it descends over 1000 feet of elevation and takes thrill-seekers across a series of tree-top zip lines. It is the longest zip line canopy tour in New England and one of the longest canopy tours in the continental United States.

[Wildcat Mountain Gondola Tour](#) offers visitors the chance to experience amazing views of Mount Washington. The sky ride opens Memorial Day Weekend and is open through mid October. For a more thrilling experience, soar half a mile over tree tops on the ZipRider where guests soar at 45 mph over North America's #1 scenic ski area.

Inn to Inn Bike Tours:

White Mountain Region, "[Bike the Whites](#)" - Bike from luxurious inn to luxurious inn through New Hampshire's White Mountains. Enjoy three days of biking along scenic back roads while exploring the Granite State's rolling terrain and exquisite views. Evenings feature gourmet dining, luxurious accommodations and the award-winning hospitality of [The Brass Heart Inn](#), which sits on 23 acres at the base of Mt. Chocorua, [The 1785 Inn](#) at the edge of the Intervale Scenic Vista in the midst of all North Conway has to offer and [Snowvillage Inn](#), off the beaten path in the tiny village of Snowville overlooking Mt. Washington.

Dartmouth-Lake Sunapee Region, “[Granite State Vacation Inn-to-Inn Bike Tours](#)” – The bike tour includes stays at a choice of four country inns in the Lake Sunapee region, including: [Blue Acorn Inn](#), an inviting 6-room farmhouse nestled in a peaceful rural setting with sweeping views of Mt. Sunapee; [Henniker House Bed & Breakfast](#), a quintessential Victorian guest house overlooking the Contoocook River; [Highland Lake Inn](#), a former gentleman's farmhouse originally built in 1767, which offers gracious hospitality and 10 luxuriously appointed guest rooms; [Rosewood Country Inn](#), a Victorian style inn set on 12 hilltop acres whose cozy fireplaces, Jacuzzi tubs and showers for two offer the perfect romantic getaway.

Voluntourism and Education Vacations

The Blue Ocean Society for Marine Conservation organizes monthly “[Beach Clean-ups](#)” at Jenness Beach in Rye, New Hampshire. Get involved in protecting the marine environment, while enjoying New Hampshire’s great outdoors. Wednesday, July 22; Wednesday, August 9. For more information call 603-421-0260.

Ladies, Learn to cook! You and your girlfriends can choose from a number of exciting group cooking classes offered throughout the Granite State. “[Taste of The BALSAMS](#),” at The Balsams Grand Hotel in Dixville Notch offers an all day seminar that features instruction and professional guidance in the culinary arts. [Attrezzi](#) in Portsmouth hosts cooking classes that are inspired by the most talented chefs and authors on the Seacoast, New Hampshire’s culinary mecca. Enjoy a [private cooking lesson](#) with girlfriends at the Inn at Danbury and Alphorn Bistro. Class culminates in a full dinner or late lunch with you and your foodie friends!

For ladies interested in an eco-friendly “green” getaway, seek out “green” lodging on the [VisitNH.gov](#) homepage under Online Reservations. Select “Travel Green” and find inns and hotels around the state that offer guests an environmentally friendly stay.

Art and Culture:

New Hampshire is rich not only in history, but also culture. The state hosts a number of museums, art galleries, and historical sites ideal for ladies looking for cultural experience. Visit the [Enfield Shaker Museum](#) in Enfield and experience the lifestyles of the Shaker communities. The recently renovated [Currier Museum of Art](#) in Manchester features European and American paintings, decorative arts, photographs and sculpture and includes works by Picasso, Monet, O'Keefe and Wyeth). [Strawbery Banke Museum](#) in Portsmouth, an outdoor museum, explores four centuries of history while the nearby [Music Hall](#) stands as an American treasure for the arts. Visit [The League of New Hampshire Craftsmen](#) stores around the state display the state’s creative side.

Shoppers Delight:

For shoppers, New Hampshire is a year-round magnet, with no limit to the tax-free shopping delights found in every town and small city. The Granite state offers a diverse array of shopping opportunities – from huge brand-name factory [outlets](#) to unique, eclectic shops located along the [main streets](#) and back roads of many cities and towns, to specialty [wine outlet shops](#) throughout the state. Drive up Route 4's and experience "[Antique Alley](#)," a favorite spot for antique collectors. If ladies are hoping for a weekend of retail therapy and relaxation, take advantage of the [Shopping Packages](#) offered at many New Hampshire inns and hotels.

Dining:

New Hampshire is full of world-class culinary destinations. Girlfriends can take a memorable journey along [NH's Wine and Cheese Trails](#) visiting vineyards, tasting wines, and experiencing the quintessential New England scenery. The fun doesn't end here; spend a day or an evening following [New Hampshire's Chocolate and Martini Tour](#) and sampling a delightfully varied array of spirits and drinks. The Granite State's cities and towns all host an array of unique restaurants and culinary adventures. Visit www.visitnh.gov/where-to-eat/ for additional ideas.

For more information on anything here you're interested in learning more about, please let us know.

Thanks for your consideration,